In The Title

Please replace the Title to read as follows:

METHOD AND APPARATUS FOR REMOVING FORMING ELEMENTS FROM CONCRETE PIPE

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1-14. (Canceled)

15. (Original) A method of removing a forming element from a concrete pipe, the method comprising:

attaching a guide element to the forming element, the guide element having a stop; and

swinging a pendulum element such that the pendulum element engages the stop and applies a force on the guide element, thereby causing the guide element to apply a removing force on the forming element.

- 16. (Original) The method of claim 15 wherein the guide element has a guide channel that receives at least a portion of the pendulum element as the pendulum element swings.
- 17. (Original) The method of claim 15 wherein the pendulum element has an I-shaped cross-section.
- 18. (Original) The method of claim 15 wherein the pendulum element includes a cylindrical body, and the guide element extends through the cylindrical body.
- 19. (Original) The method of claim 15 wherein the guide element and the pendulum element each have a generally rectangular cross-section, and the guide element extends through the pendulum element.

- 20. (Original) The method of claim 15 wherein the pendulum element is supported by a support member such that the pendulum element is swingable with respect to the support member.
- 21. (Original) The method of claim 20 wherein the guide element is also supported by the support member.
- 22. (Original) The method of claim 15 further comprising adjusting swing weight of the pendulum element.

23-35. Canceled

- 36. (New) The method of claim 20 wherein the pendulum element is configured to remain oriented generally horizontally as the pendulum element swings with respect to the support member.
- 37. (New) The method of claim 20 wherein the pendulum element is swingable with respect to the support member between a first position in which the pendulum element is disengaged from the stop and a second position in which the pendulum element is engaged with the stop.
- 38. (New) A method for separating a first object from a second object, the method comprising:

engaging a first element with the first object, the first element having a stop; and swinging a second element with respect to a support member such that the second element engages the stop and applies a force on the first element for separating the first object from the second object.

- 39. (New) The method of claim 38 wherein the first element has a guide channel that receives at least a portion of the second element as the second element swings.
- 40. (New) The method of claim 38 wherein the second element has an I-shaped cross-section.

- 41. (New) The method of claim 38 wherein the second element includes a cylindrical body, and the first element extends through the cylindrical body.
- 42. (New). The method of claim 38 wherein the first element and the second element each have a generally rectangular cross-section, and the first element extends through the second element.
- 43. (New) The method of claim 38 wherein the first and second elements are supported by the support member.
- 44. (New) The method of claim 38 further comprising adjusting swing weight of the second element.
- 45. (New) The method of claim 38 wherein the second element applies a generally horizontal force to the first element upon engaging the stop.
- 46. (New) The method of claim 38 wherein the second element is swingable with respect to the support member between a first position in which the second element is disengaged from the stop and a second position in which the second element is engaged with the stop.
- 47. (New) The method of claim 38 wherein the second element is configured to remain oriented generally horizontally as the second element swings with respect to the support member.